



WHATSheATE



Snacks' Crazy Sweet Corn Pudding

READY IN



180 min.

SERVINGS



8

CALORIES



413 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce regular corn cream-style canned
- ☐ 8.5 ounce corn muffin mix dry
- ☐ 3 eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 tablespoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 8 ounce cup heavy whipping cream sour reduced-fat
- ☐ 0.3 pound butter
- ☐ 0.3 cup milk

- ☐ 15.3 ounce regular corn sweet drained canned
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup sugar white

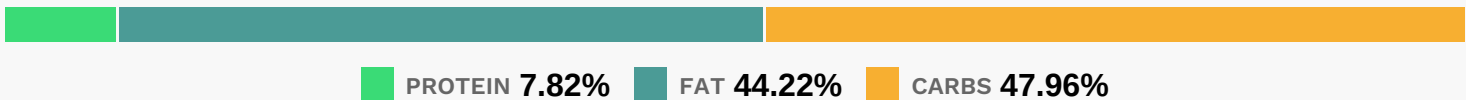
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.
- ☐ Beat the margarine and sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- ☐ Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the sour cream, vanilla, nutmeg, cinnamon, and cloves.
- ☐ Pour in the corn muffin mix alternately with the milk, mixing until just incorporated. Fold in the cream-style corn and sweet corn; mixing just enough to evenly combine.
- ☐ Pour the batter into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 45 minutes to 1 hour. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:10.09, Inflammation Score:-7, Nutrition Score:10.789565241855%

Nutrients (% of daily need)

Calories: 412.69kcal (20.63%), Fat: 21.01g (32.32%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 47.12g (17.13%), Sugar: 17.15g (19.06%), Cholesterol: 72.82mg (24.27%), Sodium: 569.59mg (24.76%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 8.36g (16.71%), Phosphorus: 280.39mg (28.04%), Manganese: 0.41mg (20.41%), Folate: 74.43µg (18.61%), Vitamin A: 919.04IU (18.38%), Fiber: 4.17g (16.67%), Vitamin B2: 0.27mg (15.8%), Vitamin B1: 0.22mg (14.4%), Vitamin B3: 2.48mg (12.41%), Selenium: 8.16µg (11.66%), Vitamin B5: 0.96mg (9.64%), Vitamin B6: 0.19mg (9.42%), Potassium: 328.32mg (9.38%), Magnesium: 37.39mg (9.35%), Calcium: 88.43mg (8.84%), Iron: 1.57mg (8.7%), Zinc: 1.19mg (7.92%), Vitamin C: 5.48mg (6.64%), Vitamin B12: 0.35µg (5.81%), Vitamin E: 0.86mg (5.74%), Copper: 0.1mg (4.99%), Vitamin D: 0.47µg (3.14%), Vitamin K: 2.32µg (2.21%)